



# Oprah's Outtasight Salad

Makes 4 (1-cup) servings



## Nutrition information per serving:

Calories:	87
Carbohydrate:	15 g
Protein:	3 g
Total Fat:	3 g
Cholesterol:	0 mg
Sodium:	34 mg
Dietary Fiber:	3 g

## SALAD INGREDIENTS

- 2 cups salad greens of your choice
- 1 cup chopped vegetables of your choice (tomatoes, cucumbers, carrots, green beans)
- 1 cup fresh orange segments or canned\* pineapple chunks, drained
- 1/4 cup Dynamite Dressing
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons chopped nuts, any kind

## PREPARATION

1. Put mixed salad greens on a large platter or in a salad bowl.

\*Canned fruit packed in 100% fruit juice.

Recipe courtesy of Chef Joseph Orate.

2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

## DYNAMITE DRESSING INGREDIENTS

- 1/4 cup fruit-flavored nonfat yogurt
- 1 tablespoon orange juice
- 1 1/2 teaspoons white vinegar

## DYNAMITE DRESSING PREPARATION

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.



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# Strawberry Smoothie

Makes 4 servings

## Nutrition information per serving:

Calories:	79
Carbohydrate:	15 g
Protein:	5 g
Total Fat:	1 g
Cholesterol:	1 mg
Sodium:	54 mg

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## INGREDIENTS

- 1 carton (8 ounces) plain nonfat yogurt
- 1/4 cup fat-free milk
- 3 packets sugar substitute (regular sugar for non-weight reduction)
- 3 cups frozen unsweetened strawberries (fresh berries may be used)
- 1 cup ice cubes (increase amount if fresh berries are used)

## PREPARATION

- 1. Combine yogurt, milk, and sugar substitute in blender container.
- 2. With blender running add berries, a few at a time through opening in lid.
- 3. Blend until smooth. Add ice cubes one at a time blending until smooth.

Recipe courtesy of the Los Angeles Blacks in Nutrition & Dietetics (LA BIND).